

Cranberries and How to Use Them

BY CORNELIA C. BEDFORD.

In Sweden there is found a small red berry called the lingberry; the Canadian rejoices in the high bush cranberry. Both of these berries are not only acid, but have a bitter twang that we do not find in the swamp cranberry of the eastern and northwestern states. Our cranberry grows wild in wet, peaty and sandy soil, but when cultivated it is greatly improved both in size and quality, having a delightful tart flavor. Its name comes from the resemblance of the partly expanded flower to the head and bill of a crane; hence it was first called "crane berry," which long use has shortened to cranberry. Because they ripened about the time that the wild turkey was hunted for the Thanksgiving table the first importance of the berries as an article of food was as an acid sauce served with game. From an accompaniment to the flesh of poultry it has come to be used in many other and equally delightful dishes.

There are two varieties of cranberries found in our markets, one much lighter in hue than the other; among epicures the dark red ones are thought to possess a richer flavor. Always purchase the largest, as they contain fewer seeds and are usually better flavor. Pick them over carefully, rejecting all soft berries, then wash thoroughly in cold water. They are then ready for use. Always cook them in porcelain or granite lined kettles and use earthen dishes when making pies, as the acid of the fruit dissolves and absorbs metal—only a small portion it is true—but sufficient to give a metallic flavor, and, when iron is used, to dull their brilliancy in coloring.

To make a rich sauce take a quart of washed berries, add one cupful of cold water and one pint of sugar to the boiling point. Boil very gently for ten minutes, then turn immediately into a serving dish. The skins will be thoroughly tender. When a clear sauce is desired, press first through a fine sieve. To make a firm jelly, boil a quart of berries with one cupful and a half of water until the skins burst. Press through a sieve and reheat. When at the boiling point add one pint of sugar and boil for ten minutes, then turn quickly into wetted molds. To modify the flavor of the berry, either sauce or jelly may be made with equal parts of berries and tart apples, the exact amount of sugar needed being determined by the acidity of the apples used. This is well to know when apples are plentiful and cranberries high, though this season the relative values of the two are practically reversed. Another modification of the flavor is to stew and sift one quart of berries as for sauce; return to the fire and add one cupful of seeded raisins which have been steamed until plump and tender. Simmer together for ten minutes. Fruits which have been soaked and simmered until soft can be used in place of raisins.

A delightful luncheon dessert which is easily prepared is a cranberry whip. For this take one cupful of cranberry jelly, after it is cold and firm, place it in a bowl and beat with a beater until foamy all through. When quite light, mix carefully with it the stiffly whipped white of an egg and heap in glasses or a serving dish. This should not stand longer than an hour before serving.

To make cranberry Bavarian cream, have ready two-thirds of a cupful of smooth thick cream, the cranberry sauce, which has been made very sweet. Soak one-quarter of a package of granulated gelatin in four tablespoonfuls of cold water; when soft, stand over hot water until dissolved, then mix with one pint of very thick sweet cream. As the cream chills and shows signs of stiffening, begin to beat and whip steadily until the cream is a solid froth; add the cranberry, a spoonful at a time. When the pink mixture is quite thick, turn into a wetted mold and set away until firm. This may be frozen by turning the mixture into a mold with a "tightly fitting cover, binding the edges with a narrow strip of muslin dipped in melted lard and burying the mold in a mixture of equal parts of broken ice and coarse salt. That it may be frozen clear through, it should stand for from three to four hours in the ice and salt before serving.

For cranberry juice (to be used as a summer drink) cook equal quantities by measure of berries and water for twenty-five minutes, then strain. To each quart add one pint of granulated sugar. Boil for twenty minutes and bottle immediately.

As a dessert for the children, butter thick slices of stale bread and grease thoroughly a deep earthen baking dish. Thin one quart of rich cranberry sauce with one cupful and a half of water and bring to the boiling point. Lay a slice of the bread in the dish and slowly pour over it is much of the sauce as it will absorb. Add another slice and more hot sauce and so proceed until all are used. Over the top put a light weight and set away until very cold. Turn out and serve with cream and sugar.

Old-fashioned cranberry pie was covered only with a light lattice of crust. The dish was covered with a sheet of pastry carefully fitted in and an extra rim of paste laid over. The cranberries and sugar were added and a spoonful of flour dredged over to thicken the juice, then the strips of pastry were laid over all and the pie carefully baked. The children are very fond of individual pies or patties. Cranberry cannelloni are made by cutting long strips of pastry an inch wide, wetting one edge and winding each strip round a wooden cannelloni stick, then baking. When finished, these long horns are filled with the whipped cranberry jelly or the Bavarian cream.

There are many ways in which cranberries may be combined with batters and doughs. For small cup puddings, make a batter with one beaten egg, a half cupful of milk, three tablespoonfuls of melted butter, one heaping teaspoonful of baking powder and sufficient sifted flour to make a thick drop batter. Stir in one cupful of cranberries which have been halved and lightly dusted with flour; fill molds two-thirds full and steam for from twenty minutes to half an hour, according to size. Serve with hard sauce. The same recipe can be used for cranberry fritters, omitting half the cupful of very thick sauce for the raw berries. Drop by small spoonfuls in deep, smoking-hot fat, cook about four minutes and serve with a liquid sauce.

A cranberry roly-poly is delightful. Make a rich biscuit crust, using two large tablespoonfuls of butter, a half teaspoonful of salt, a tablespoonful of sugar and two level teaspoonfuls of baking powder to a pint of flour, mix to a soft dough with sweet milk. Roll out two-thirds of an inch thick, cover with a layer of the chopped berries, sprinkle with sugar, roll up, pinch

the ends, lay on a buttered plate and steam for forty minutes. Serve with any sweet soft sauce. Like other summer fruits, cranberries may be canned, preserved and spiced. A simple way to bottle them for future use is to pick over carefully, using only perfect berries. Fill clean jars with them. Cover the top of a jar with a coarse wire netting to keep the fruit in, stand under the cold water faucet and let the water run in the jar at full force for twenty minutes. This will expel all air bubbles. Cover and seal as usual and finish each jar in the same way. Keep the jars in a cool, dark place until used.

THE CHILD FLORAL CO.

Such is the rare and spontaneous profusion of floral growth in Utah that every home may be surrounded with a garden of flowers, yet this bounty of nature does not detract from the universal need of the florists' skillful and artistic handiwork.

Such is the mission of the Child Floral Co., whose store, located at 178 Main street, under Walker's bank, is one of the attractions of the city.

Here is the headquarters for cut flowers and flowers in all forms and designs are ready at a moment's notice to be sent to all parts of the city, as well as outside points.

They carry a large stock of fresh flowers of all varieties as well as beautiful palms, potted plants, etc. The manager of this most attractive floral establishment is Elisabeth Child, whose thorough knowledge of the business has won for her many satisfied customers.

Schoolgirls Abuse Their Eyes

BY MARGARET E. SANGSTER.

CONSIDERING, Dorothy that your eyes are not only given you for ornament, but for use, and that as they have to last you during your whole life, you ought to take more care of them than you do. What color are they—hazel, gray, blue, brown or black? Whatever their color may be it is the one that best suits your face, and whether you know it or not, your friends are of the opinion that you have the prettiest eyes in the world.

A great deal of expression is in the eye. Eyes that are wide-open and straightforward, that look others fully in the face, that have nothing to hide, are very beautiful eyes, whoever has them. Of course they are set off by the long fringing lashes and the well-defined eyebrows that, so to speak, constitute their frame. No girl can be regarded as plain or unattractive who has good, clear eyes, with the silken lashes and delicately penciled brows that artists and poets rave about. What troubles me is to notice the liberties many young girls take with their eyes. They sit reading at that hour of the day when the light is waning, and the effort to discern what is on the page is continuous. If it is hard for you to see, your eyes are being unduly taxed. There is a popular impression that young people strain their eyes by gazing at distant objects. They much oftener strain them badly by fixing them too closely on objects near at hand. Thus, the near-sighted person or the person whose eyes do not see equally, is always subject to a strain which is wearing on the eyes and is the obscure cause of many headaches.

If you find in the school room that you do not easily read lines or figures on the blackboard, or if you have trouble in looking out places on the map, or hunting up words and definitions in the dictionary, you may be very sure that your eyes need attention. Very likely an oculist would help you at once by fitting you with the right lens, and you would realize what you had not known before, that you had been doing your work with a handicap that put you at a disadvantage. No one can do her best if she feels fretted, irritated and harassed. A girl who is nervous cannot stand well in her classes.

Not long ago, a girl friend of mine who had devoted many hours of every week to music for some years, found the notes blurring before her, and suffered a good deal of torture and pain when she attempted to read the pages that had hitherto been as plain as print. The specialist whom she consulted told her that she had so recklessly used her eyesight that, although a mere girl, she had the eyes of an old woman.

I should be very sorry to think that any girl who reads this would make such a mistake as this, for it literally would shadow the rest of her life.

In reading, let the light fall over the left shoulder, and sit so that it will do so rather than facing it if you can. Do not attempt to study with an insufficient light. A student's lamp that burns steadily is a good investment. Frequent bathing with cold water strengthens the eyes. It is a good plan to fill a tumbler to the brim with pure water and then wink the eyes in it so that a drop or two will sift under the lids.

A physician has said "when you get anything in the eye in order to get it out the lower lid should be pulled down, the eye should look down toward the floor and slightly toward the nose. If nothing is found in this part then the upper lid can be turned back and search made here." One cannot very well do this for herself, and the friend who does it must have a steady hand and a very deft touch.

Remember while working, to sit as erect as you can. Do not stoop. Do not read in a train or carriage, where the constant movement of the book obliges a continual change of focus. Very fine needlework is trying to the eyes.

A well-known oculist has said that the ideal book, has good type, well spaced on unglazed paper. A book should be held nearly on a level with the eyes and, if very heavy, should be supported by a rest. Do not read or study when lying down.

I wonder if I may say something here that has not so much to do with the eye itself as with the brain behind it. There are people who are much too quick to see faults and defects in others. They are critical and censorious, and you may be sure if there is a flaw anywhere they will pounce upon it without mercy. Look for the blemishes in your own conduct and character, if you choose. But take good care

ATLANTIC TEA CO.

In picking out a leading tea and coffee house to be represented in this edition, the reporter was instructed to choose the one which has been longest before the public.

The result was that the Atlantic Tea & Coffee company, at 42 Richards street, was chosen, and an interview with Manager H. C. Monter elicited the fact that sixteen years ago he started his present business and, through tireless energy and strict attention to business, coupled with his thorough knowledge of the handling of teas, coffees, spices, extracts and baking powder, has won him the confidence of hundreds of satisfied customers throughout this city. Mr. Monter informed the reporter that he does not offer the public premiums in order to gain their trade, but relies on the high grade quality of his goods, among them being the well established brand of Chase & Sanborn's teas and coffees, known the world over as pre-eminent.

Mr. Monter employs polite, courteous solicitors, who at a moment's notice will call at your home and explain to you the different grades and prices of the goods handled by the Atlantic Tea company. A few minutes' talk with Mr. Monter will convince you that he has the best interests of this city at heart, for he knows by experience that the faster Salt Lake grows, so will his business, and he assured the reporter that he was doing all in his power to help in the advancement of the city. Here is success to Mr. Monter and the Atlantic Tea company.

This Is an Awful Blow.

(New York World.)

"Web" Davis has renounced Democracy and again identified himself with the Republican party. Even Roosevelt luck has its exceptions.

WE ARE MANUFACTURERS



As well as Wholesale and Retail Dealers in General Merchandise. Our Shoe Factory was established in 1870, and the Clothing Factory in 1878, both industries being now situated on South Temple Street, and running back to rear of the Main street store.

WE MANUFACTURE THE FAMOUS

"MOUNTAINEER" OVERALLS

The strongest overall ever put together. We guarantee them to be better than any other make. Plain or engineer style, for men or boys. They can be had at any general store in this whole intermountain country. Wear a pair of "Mountaineer" overalls once and you'll always wear them. We also manufacture denim and gingham jumpers and jackets, duck coats, blanket lined duck coats and waterproof duck coats. THEY FIT RIGHT, THEY WEAR LONG, THEY COST LITTLE.

THE SAME IS TRUE OF OUR

BOOTS AND SHOES

We cater to the masses and devote special attention to miners', prospectors' and laborers' needs in footwear. Every shoe we make is solid leather throughout—the kind that will stand hard wear for a long time. There isn't a better sporting boot sold than those we manufacture. We make a line of waterproof shoes that are unexcelled. There is more real value for your money in the boots and shoes made at Z. C. M. I. than you can expect to find in those manufactured elsewhere.



PATRONIZE HOME INDUSTRY



[Established 1873]

STATEMENT

McCornick & Co. BANKERS

Salt Lake City

NOVEMBER 9th, 1905.

RESOURCES.

Loans	\$3,553,704 08
Furniture and Fixtures	5,000 00
Bond and Cash Securities	\$ 402,950 00
Cash on Hand and due from banks	3,531,935 10
Total Cash Resources	3,934,885 10
	\$7,493,589 18

LIABILITIES.

Capital	\$ 250,000 00
Undivided Profits	138,477 29
Deposits	7,105,111 89
	\$7,493,589 18

Accounts Solicited.

Facilities Unexcelled.

STROCK'S EMPLOYMENT AGENCY

During the last ten years this section of the country has been growing rapidly, consequently help of all kind has been in great demand and the institution which relieves the employer of worry by securing for him competent workmen performs a service which should be appreciated. The best regulated and largest bureau of this kind in the west is Strock's Employment Agency, which, since its inception eleven years ago, has grown so rapidly that it was found necessary to establish a branch office in Ogden.

Mr. C. R. Strock is the proprietor of this agency, and is located at 45 West Second South street.

Here the unemployed obtain work and the office force is kept busy allotting the hundreds of applicants to their different positions. Another good feature is that corporations, hotels, building companies, boarding houses, builders and contractors are furnished the help they need, while those living at a distance from this city have such confidence in Strock's Employment Agency that they know when sending for help they will get what they want. If you need help at any time call up either 'phone 464, and Mr. Strock will do the rest.

PABST SALOON.

For many reasons a visit to the Pabst saloon will please you, for while this city is well supplied with bars of every description there is none more extensively patronized than the Pabst saloon.

Mr. Leon Goulet the manager of this place, is an experienced liquor man, having been engaged in the selling of wines and whiskies for over twelve years, and by his strict attention to business and affable manner has succeeded in bringing the most desirable element of this city to his place. A feature for which the Pabst saloon is famous is his elegant lunch, which is served by a competent chef from 11 in the morning until 2 in the afternoon and from 5 to 8 in the evening. During this period one can get, without extra cost, choice cuts of meats, soup, vegetables, in fact a meal which will thoroughly satisfy the inner man. Mr. Goulet is the originator of this new feature of serving a merchant lunch without extra charge, and it has proved a success way beyond his expectations. Leon, as he is called by his friends, employs two of the best mixologists in the city and if in need of a cocktail or perhaps a pousse cafe, step into the Pabst saloon and the two "Als" will mix it for you.

DESERET KNITTING WORKS.

Among the many home industries of this city special mention must be made of the Deseret Knitting Works at 40 Richards street.

The firm has only been in existence since last May but, judging from the number of help they employ and the stock of goods they carry, they are already in the front ranks in their particular line. The firm is composed of C. H. Thorstensen and J. F. Peterson, two bright young men, who have been raised in the knitting business. The former superintends the factory, while the latter covers the outside territory. The company manufactures knit goods, underwear, hosiery, sweaters, etc., of the highest grade and quality, which is evidenced by the hundreds of satisfied customers all over the intermountain country.

Mr. Thorstensen is more than satisfied with the business the firm has done, and he informed the reporter for The Herald that during the holiday season he found it hard work to keep up with the orders which were coming in with every mail.

The factory is equipped with the latest and best machinery that money could buy and none, but experienced help is employed.